

SOFT ADDICTION SOLUTION TRAINING JULY 9-11

Dr. Judith Wright is a best-selling author and media favorite. She has appeared on ABC's *20/20*, *Oprah*, the *Today* show, *Good Morning America*, and many other top-rated programs. She's called one of "America's Ultimate Experts" and is hailed as a lifestyles expert and inspirational speaker.

Dr. Wright has a proven process that not only helps you to break through the bad habits (texting, video games, internet, Blackberry) that get in the way of maximizing your performance and satisfaction, but also provides the building blocks for living a great life. She will be presenting a lot of research surrounding the neuroscience behind why we:

- Text on our phones (it's about the dopamine released when we get the beep)
- Surf the internet (we all have an innate search function in our brains)
- Spend more time with our Blackberries than we do with those around us
- Overeat
- Hit the snooze alarm
- Why teens are spending 6-1/2 hours per day in front of a screen (TV, Texting, Video Games, Internet, Facebook, I Phone, etc.)
- What mood addictions are (always funny, sad, angry or tendency to quit) and how we can choose to present ourselves and act differently

Dr. Wright is offering **The Soft Addiction Solution training, July 9-11**, at a special of \$299 on her website, a discount from the regular price of \$799. You can enroll for the training for only **\$224**, an additional savings of **\$75 off the already discounted price**.

To register now, go to http://judithwright.com/softaddictiontraining_new.php . Be sure to enter the discount code of SA-100716 to get this special offer.

Give yourself some new tools and enjoy the training from Dr. Judith Wright and the Wright Leadership Institute!